

# HIKING - CYCLING & WELL BEING



*PROFESSIONALS AT YOUR SERVICE*

In **Ventoux**  
**Provence**



**GUIDE 2024**

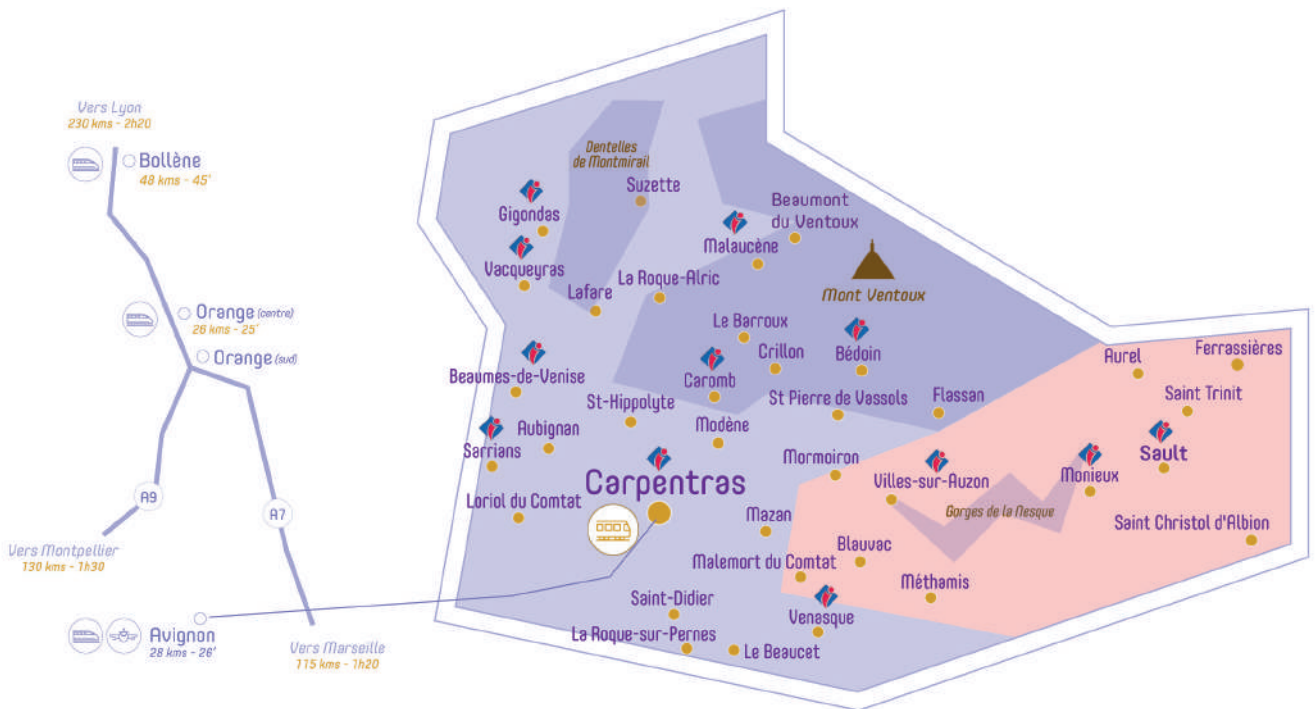
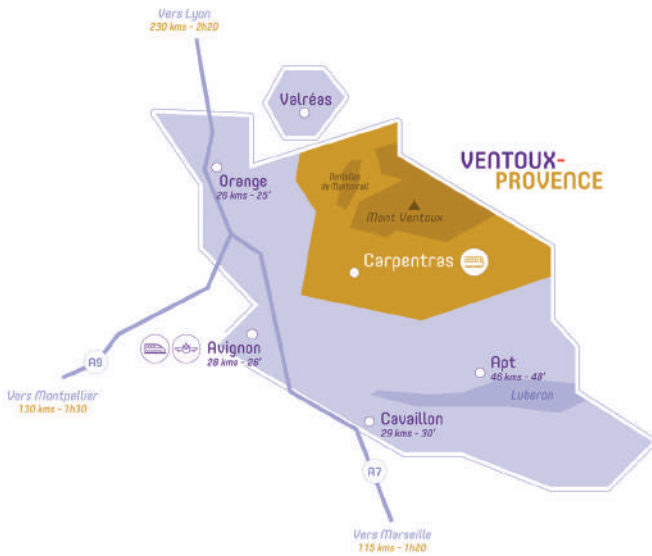
Office de Tourisme Carpentras / +33(0)4 90 63 00 78  
[www.ventouxprovence.fr](http://www.ventouxprovence.fr)





# FOCUS

## on your holidays !



### Capacity

- Number of place settings
- Number of bedrooms
- Number of bedrooms for disabled
- Number of dormitory
- Number of campsites
- Number of camper pitches
- Capacity
- Number of double bed
- Number of single bed

### Facilities and services

- Wi-fi
- Camper van reception area
- Play area
- Pets welcome
- Lift
- Bar

- Sofa bed
- Air conditioning
- Club for children
- Fun swimming pool
- Garage
- Jacuzzi
- Private washing machine
- Dishwasher
- Baby equipment
- No-smoking
- Parking
- Coach parking
- Swimming pool
- Heated swimming pool
- Indoor swimming pool
- Restaurant
- Meeting room

- Sauna
- Television
- Tennis
- Fenced grounds
- Terrace

### Labels

- Qualité Tourisme™
- Logis
- Gites de France
- Clévacances
- Camping Qualité
- Bienvenue à la ferme

### Accessibility

- Accessible for wheelchairs
- Hearing disability
- Mental disability

- Physical disability
- Visual disability

### Customers

- Famille +
- Children
- Groups

### Means of payment

- Bank/credit card
- Chèque Vacances
- Titre restaurant (voucher)
- Cheque

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 A. Hocquel - VPA /  
 Cintas-Flores Régis - VPA / AVentoux'Rando C.  
 Demangeon / Les ânes des Abeilles / Venasqu'ânes/  
 Massage au Ventoux - N. Leonard /  
 Ventoux Provence Tourisme / Trottin'R /  
 Camp de Base Ventoux /

# HIKING GUIDES



## SERVICE PROVIDERS

© L. Penato



From 15 €

## AVENTOUX'RANDO - CÉDRIC DEMANGEON



A state-certified mountain guide, Cédric is THE specialist in Mont Ventoux! Cédric's unrivalled anecdotes of the region, its fauna, oral and rural heritage will ensure you experience wonderful moving moments during his unforgettable hikes. 🧑 From 14 years old  
*All year round.*



1100 Chemin du Rouret - 84380 Mazan  
Tél. **06 10 33 55 12**  
cedric.demangeon@gmail.com  
www.aventoux-rando.com

## SERVICE PROVIDERS

© Daniel Villanova



Prices : consult us

## PASSION NATURE

With Daniel Villanova " Randonner autrement ", nature mediation, conscious or Afghani walking, sylvotherapy, and " Randonner en apprenant " to discover the biodiversity of the emblematic sites of the Luberon, the Ventoux and the Baronnies Provençales.  
*All year round.*



- 84390 Sault  
Tél. **06 83 89 23 96**  
villanova.daniel@yahoo.fr  
https://randonnee-vacluse.org

## SERVICE PROVIDERS

© PASCAL



From 80 €

## MILLE ET UNE PLANTES 🧑🧑

Discover our range of garrigue and town plants, each with their own scent, texture, history, stories, traditions and uses. Knowing more about each plant makes it easier for us to recognize it and remember its name. 🧑 From 4 years old  
*From 01/01 to 20/12. Sur réservation.*



- 84210 Venasque  
Tél. **06 10 64 81 21**  
contact@1001plants.fr  
www.1001plants.fr/

SERVICE PROVIDERS

©passeursdesentes



PASSEURS DE SENTES

Who are the "Passeurs de Sentes"? A group of mountain guides based in the four corners of the Baronnies massif: they will awaken your senses to the secrets of our paths, between the Alps and the Mediterranean, in a wonderful setting of biodiversity.

All year round.



Half-day : from 150 €  
Day : 200> 250 €

- 26170 Buis-les-Baronnies  
Tél. **06 22 13 60 87 - 06 85 63 81 03**  
contact@passeursdesentes.org  
www.passeursdesentes.org

SERVICE PROVIDERS

©Grand-Mascatello



BUREAU DES GUIDES DES BARONNIES

Our professional guides are pleased to guide you in many activities : rock climbing, via ferrata, canyoning, water hiking, paragliding in the area of Baronnies provencales.

From 01/04 to 15/12/2024.



From 25 €/pax

59 allée des Platanes - 26170 Buis-les-Baronnies  
Tél. **06 37 31 20 96**  
info@guides-baronnies.com  
www.guides-baronnies.com/

## SPORT



Prices : consult us

## LAURA AUBERT ECURIE ASINERIE

Ethological equitation, equine mediation. Lessons, courses, trail rides. Donkey farm: fresh donkey milk and handmade soaps. Hiking  
👤 From 2 years old

*All year round Opening hours on Tuesday, Wednesday, Friday and Saturday between 9 am and 12 pm and between 1.30 pm and 6 pm.*



214 Chem. du Limon sud - 84380 Mazan  
Tél. **06 82 85 12 77**  
[loloaubert@yahoo.fr](mailto:loloaubert@yahoo.fr)



## SERVICE PROVIDERS



One day : 70 €  
Two Day : 95 €

## LES ÂNES DES ABEILLES

Hike freely accompanied by our docile and endearing donkeys. Used to portage travel during a day or more, on selected routes suitable for all levels. Hiking must remain a pleasure for you and also for the donkeys.

*All year round between 9 am and 6 pm. By reservation.*



Les Isnards - 84390 Monieux  
Tél. **06 60 82 38 21**  
[anesdesabeilles@wanadoo.fr](mailto:anesdesabeilles@wanadoo.fr)  
<https://abeilles.ane-et-rando.com/node/7>

## SPORTING ACTIVITIES



Prices : consult us

## RANDONNÉE AVEC ÂNES - LA PETITE FERME

Free or accompanied hikes with a donkey. An original way to walk and create unforgettable memories. Hikes over several days are also possible with a stopover.

*All year round, daily. Sur réservation.*

321 Chemin Fond - 84570 Villes-sur-Auzon  
Tél. **06 77 56 63 49**  
[eric@lapetite-ferme.fr](mailto:eric@lapetite-ferme.fr)  
[www.lapetite-ferme.fr](http://www.lapetite-ferme.fr)





# CYCLING GUIDES



## SERVICE PROVIDERS

©MATHIEU



From 50 €

## VELO VAUCLUSE DÉCOUVERTE

Cultural bike rides: combine the pleasure of cycling with the discovery of the rich local heritage. Four routes are offered: Beaumes-de-Venise, Aubignan, Dentelles de Montmirail and Caromb-Le Barroux.

From 01/01 to 31/12.



442 Chemin des Barillons - 84810 Aubignan  
Tél. **06 03 92 40 77**  
[velovauclusedecouverte@gmail.com](mailto:velovauclusedecouverte@gmail.com)  
[www.velo-vaucluse-decouverte.com/](http://www.velo-vaucluse-decouverte.com/)

## SERVICE PROVIDERS

©DENISBACH



From 200 €

## MONT VENTOUX ROAD CAPTAIN

Expert and professional support for an ascent of Ventoux, whatever the side envisaged: Bédoin, Malaucène or Sault. Support for the Cinglés du Ventoux, the Ventoux tour, Gorges de la Nesque...

All year round.



16 chemin de la Brusquière - 84410 Bédoin  
Tél. **06 50 22 41 76**  
[montventouxroadcaptain@gmail.com](mailto:montventouxroadcaptain@gmail.com)  
[www.montventouxroadcaptain.com](http://www.montventouxroadcaptain.com)

## SERVICE PROVIDERS

©BRUNAUD



Prices : contact us

## EGOBIKE : OLIVIER BRUNAUD

Olivier Brunaud first caught the bug for sport with soccer, achieving a good level before hanging up his boots after deciding he had had enough. Moto-cross champion Jean-Michel Bayle had the privilege of passing on something new to Olivier - the mountain biking bug.

👤 From 8 years old

All year round.

Egobike Camps - 84410 Bédoin  
Tél. **06 98 24 07 07**  
[contact@egobike-montventoux.com](mailto:contact@egobike-montventoux.com)  
[www.egobike-montventoux.com/](http://www.egobike-montventoux.com/)



# BICYCLE RENTALS



## SHOPS



Half-day rental rates: - Carbon sports road range: from euros53 - Ultegra carbon road range: from euros63 - Electric-assisted road bike: from euros72 - VTC CityBike Electric assistance: from euros53 Shoe rental: euros8 Rental taken the day before at 6 p.m.: supplement of euros7

## PROVENCE CYCLING - HIRE

Sale, hire, repair and maintenance of all types and brands of bicycle. Accessories and advice. Wide choice of bicycles, including road bikes, all terrain bikes, children's bikes and electric bikes.

Every day throughout the year between 9 am and 7 pm. Closed on Sunday.



Cours des Isnards - 84340 Malaucène  
Tél. **04 90 41 95 17**

[chave.provencecycles@gmail.com](mailto:chave.provencecycles@gmail.com)  
[www.provence-cycles.com/](http://www.provence-cycles.com/)

## SHOPS



One price: from 40 euros.

## MONT VENTOUX CYCLING CLUB



Bike store and café located at the foot of Mont Ventoux and near the Gorges de la Nesque, we offer bikes for rent. Renting of road and mountain bikes, but also of electrically-assisted bicycles (road / hybrid / MTB). Sale of new and used bikes. Workshop service for maintenance or repair of your bike.

From 01/01 to 07/04/2024 between 9.30 am and 5.30 pm. Closed Saturday and Sunday.  
From 08/04 to 01/09/2024 between 9 am and 6 pm. Closed on Sunday. From 02/09 to 31/12/2024 between 9.30 am and 5.30 pm. Closed Saturday and Sunday. Service de location disponible le week end.



11 place du clos - 84570 Mormoiron

Tél. **04 86 04 83 37**

[benjamin@montventouxcyclingclub.com](mailto:benjamin@montventouxcyclingclub.com)  
<https://montventouxcyclingclub.com>

## SHOPS



From 10 €/ hour

## LE VÉLOVERT

Le Vélovert is an electric bike rental store in Saint Didier. We offer the following range of electric bikes: mountain bikes, road bikes and downhill bikes. Hourly, half-day and daily rentals.

All year round Opening hours on Monday between 9 am and 5 pm. On Wednesday and Saturday between 9 am and 12 pm.



89 le Cours - 84210 Saint-Didier

Tél. **06 03 53 70 10**

[franck.hh@sfr.fr](mailto:franck.hh@sfr.fr)

SHOPS

©Albion cycles



From 18euros for half a day.

ALBION CYCLES



At the foot of Mont Ventoux, a space dedicated to sports welcomes you 7 days a week in season. A large choice of bikes available for hire: racing, mountain bikes, electric bikes, children's bikes and accessories. Repair, breakdown service, transport.



From 01/04 to 31/10/2024. Closed exceptionally on August 15th. July and August : 7/7 (8am-7pm). Closed on 15/8. June and September : 7/7 (8.30am-7pm) April, May, October and November : 6/7 (9am-7pm), closed on Tuesday.



455, Route de St Trinit - 84390 Sault  
Tél. **04 90 64 09 32**  
contact@albioncycles.com  
www.albioncycles.com/

SHOPS

©Coquillade Provence



Adult : from 35 €

BIKING AT THE COQUILLADE



Coquillade Provence is the place to be if you're a keen cyclist or just love a good ride. We offer a full range of services. With or without a guide, hire one of our bikes and discover the most beautiful landscapes in the Luberon.



From 20/02 to 31/12/2024. Réservez votre vélo à l'avance en indiquant le modèle souhaité, votre taille, et la durée de location. Lorsque vous viendrez chercher votre vélo, apportez : carte bancaire (pour garantie), vos chaussures et votre casque si vous en disposez, de préférence vos pédales automatiques, ainsi qu'une tenue adaptée à la saison.



Le Perrotet - Chemin de la Coquillade - 84400 Gargas  
Tél. **06 78 71 03 54**  
cycling@coquillade.fr  
https://coquillade.fr/fr/aperçu-velo.html



And more...

©Oudier Père



Mountain bike : one day: 18 euros.

BIKE PARK DU CHALET REYNARD

For adrenalin seekers and novices alike, the Bike Park has downhill trails fitted with wooden obstacles, bumps, jumps and berms.

From 01/01 to 31/05/2024 Opening hours daily between 9 am and 12 pm and between 1 pm and 5 pm. Closed Saturday and Sunday. From 01/06 to 31/08/2024 Opening hours daily between 9 am and 12 pm and between 1 pm and 5 pm. From 01/09 to 31/12/2024 Opening hours daily between 9 am and 12 pm and between 1 pm and 5 pm. Closed Saturday and Sunday. Réservation à effectuer par mail.



Route du Mont Ventoux - 84410 Bédoin  
Tél. **04 90 63 42 02**  
stationsventoux@gmail.com





# WELLNESS SERVICES



## SHOPS

### A MASSAGE IN VENTOUX



Nathalie Léonard is a certified, FFMBE-approved masseuse. Services available at Bédoin well-being centre, in the comfort of your home or at your holiday resort. Sports, relaxation and slimming massages using essential organic and vegetable oils.

*All year round. By appointment.*



Prices : contact us

548 Chemin de la Grande Garrigue - 84410 Bédoin  
Tél. **06 63 32 59 00**  
[nleonard84@gmail.com](mailto:nleonard84@gmail.com)  
[www.unmassageauventoux.com](http://www.unmassageauventoux.com)

## SHOPS

### SPA & INSTITUT DE BEAUTÉ BY EMILIE ESTHÉTICIENNE



Émilie, a state-qualified independent beautician for over 20 years, welcomes you to Châteauneuf du Pape. Come and discover the Spa for a moment of relaxation, with jacuzzi sessions, hammam, sauna, treatment room and other services, waxing, nails.

*From 01/01 to 31/12 between 9 am and 7 pm. Closed on Wednesday.*



Prices : contact us

185 Chemin du Limas - 84230 Châteauneuf-du-Pape  
Tél. **06 65 48 94 30**  
[emiliespaetbeaute@gmail.com](mailto:emiliespaetbeaute@gmail.com)  
<https://emilie-estheticienne.com>

## SHOPS

### WELLNESS AT CHÂTEAU DE LA GABELLE



Enjoy a moment of intense relaxation in the heart of the lavender fields thanks to the massages and professional hands of Isabelle. All massages are performed with organic essential oils from the family farm.

*All year round between 10 am and 6 pm. By appointment only.*



From 40 > 95 €

1065, Route de la Gabelle - 26570 Ferrassières  
Tél. **06 50 16 25 70**  
[hebergement.gabelle@gmail.com](mailto:hebergement.gabelle@gmail.com)  
[www.lechateaudelagabelle26.fr/](http://www.lechateaudelagabelle26.fr/)

LEISURE

©spa-ventoux-provence



From 35 €

SPA VENTOUX PROVENCE

Le SPA, creator of well-being, is the largest balneotherapy in Vaucluse. Near Mont Ventoux, in a luxurious environment of 3500m2, it is the place to go for physical and mental revival in a harmonious universe marked with elegance and charm. 🧑 From 14 years old

All year round Opening hours on Monday, Tuesday, Wednesday, Thursday and Friday between 9 am and 8 pm. On Saturday and Sunday between 9 am and 7 pm. Closed exceptionally on December 25th.

Route de Beaumont - 84340 Malaucène  
Tél. **04 90 37 05 49**  
contact@spa-ventoux-provence.com  
www.spa-ventoux-provence.com



SPORT

©TABARDON



From 32 €

CLOS SAINT MICHEL RESORT & SPA

A wellness bubble at the foot of Mont Ventoux, enjoy a Zen break for your holiday in Provence! Discover our Spa, and feel yourself sink into relaxation and well-being. Body care and beauty treatments provided by qualified professionals. 🧑 From 12 years old

From 03/02 to 31/12/2024 between 9 am and 7 pm.

726 Chemin de Clairier - 84340 Malaucène  
Tél. **04 90 65 21 37**  
contact@le-clos-saint-michel.com  
www.le-clos-saint-michel.com/



LEISURE

©C.abbes



From 20 € / pers

WELLNESS AREA AT THE NESK HOTEL \*\*\*

Take care of yourself with an organic herbal tea in the authentic and soothing atmosphere of this former convent. Meditation, sauna and hammam will bring you relaxation and inner well-being. Reservation for 1 to 8 people, from 10 am to 7 pm. 🧑 From 5 years old

From 29/03 to 04/11. Off saison : on request.

3 rue belle vue - 84390 Sault  
Tél. **04 90 70 66 08**  
contact@lenesk.com  
https://lenesk.com/fr



SPORT

©Thermes



Adult: 22 > 25 €

THERMAL SPA VALVITAL

A relaxation area just for you including thermal pool, hammam, sauna, panoramic terrace with jacuzzis, sports lessons, relaxation and aquagym to enjoy even more your stay in the Drôme Provençale. 🧑 From 12 years old

From 18/03 to 01/12/2024.

315 route des Thermes - 26570 Montbrun-les-Bains  
Tél. **04 75 28 80 75 - 04 79 35 38 50**  
spa.montbrun@valvital.fr  
www.valvital.fr







Adult: 70 > 85 €

## COQUILLADE PROVENCE

The Coquillade SPA means 1500 m2 of well-being space. Entirely devoted to relaxation and well-being, perfect for pampering, getting back in shape, reviving and revving up the energy levels during your stay in Provence in the Luberon.

*From 20/02 to 31/12/2024, daily.*



Le Perrotet - 84400 Gargas

Tél. **04 90 74 71 70**

[spa@coquillade.fr](mailto:spa@coquillade.fr)

<https://coquillade.fr/fr/apercu-du-spa.html>

## The place to taste and buy local products

Tasting and sale of local products at producer price. AOC wines - Beaumes-de-Venise, Gigondas, Vacqueyras, Ventoux - olive oils, truffle products, craft beers, delicatessen, sweets.

All year round, tastings and themed events, day and evening.

Original creations by our craftspeople, games for children, locally-made cosmetics, textiles, goodies, bookshop, postcards, hiking maps and guides...



VENTOUX-  
PROVENCE  
Expériences aux sommets

Ma boutique comtadine



OFFICE DE TOURISME  
**CARPENTRAS**

97 Place du 25 août 1944 - 84200 Carpentras  
Du mardi au samedi : 10h à 12h / 14h à 18h

+33(0)4 90 63 00 78

[www.ventouxprovence.fr](http://www.ventouxprovence.fr)

## Our Tourist Offices

**Beaumes-de-Venise** - 87 Avenue Raspail - +33 (0)4 90 62 94 39

**Bédoin** - 1 Route de Malaucène - +33 (0)4 90 65 63 95

**Caromb** - 44 Place du Château - +33 (0)4 90 62 36 21

**Carpentras** - 97 Place du 25 Août 1944 - +33 (0)4 90 63 00 78

**Gigondas** - 12 rue Raymond V des Baux - +33 (0)4 90 65 85 46

**Malaucène** - 3 Place de la Mairie - +33 (0)4 90 65 22 59

**Mazan** - Place du 11 Novembre - +33 (0)7 89 32 13 71

**Sarrians** - 51 Rue Jean Jaurès - +33 (0)4 90 65 56 73

**Vacqueyras** - 85 Route de Carpentras - +33 (0)4 90 62 87 30

**Venasque** (en saison) - 61 Grand Rue - +33 (0)4 90 66 11 66

**Sault** - 14 Avenue de la Promenade - +33 (0)4 90 64 01 21

**Villes-sur-Auzon** - ZA les Fontaynes - 725 Route de Carpentras - +33 (0)4 90 40 49 82

**Monieux** (en saison) - Place Jean Gabert - +33 (0)4 90 64 14 14



Offices de  
Tourisme  
de France



VENTOUX-  
PROVENCE  
Expériences aux sommets

